



Empowering Youth Through Parkour & Movement



Kinetix Academy CIC is a not-for-profit empowering vulnerable young people in Essex through innovative, non-competitive sports like Parkour and Acrobatics. We create safe, inclusive spaces for physical well-being, mentorship, and personal growth. With 10+ years of experience working with schools and support networks, our expert coaches deliver sport-based interventions that reduce truancy and improve behaviour. Recognised by Active Essex, we're dedicated to making a difference.

Success Stories



Colchester City Youth Project – 17 Year old NEET
17 year old NEET participant engaged with our colchester city project leading to volunteering and employment at the Kinetix Academy, they have now completed a nationally accredited coaching course, have returned to college and received an unconditional offer to university

Secondary School Project - High truancy, not meeting required behaviour and persistently absent from school.

Having attended our sessions they are now able to meet schools required code of behaviour and now supports younger group who attend. Their confidence has grown & respect shown to adults and peers.

Secondary School Project - risk of exclusion, disruptive and aggressive behaviour

This participant attended our targeted sessions and holiday club, they now a mentor to younger year group at school.

Streetgames School Project – 11 year old non verbal, complex homelife no engagement with education

Attended 1:1 sessions which lead to improved engagement at school and increased confidence giving them the ability to discuss issues that faced them that could then be approached appropriately. No longer non verbal.

Feedback & Testimonials

I feel Kinetix has given student
A confidence in the
understanding of teamwork
and support.

It helps Young people to build
up their fitness and they are
great at what they do.

We need more things like this
around Witham for kids to do"

- Secondary School Teacher

"I'm always in trouble and I go to
Kinetix now and it has let me
express myself and burn off
energy and has helped me focus."

- Key stage 3 Student

"Before Kinetix I was always
getting removed from lessons and I
was really struggling although I still
struggle a bit now I have improved
my behaviour as I have something
to look forward to at the end of
every week."

- Key stage 4 student

"I used to get into loads of
trouble and now I go to Kinetix . I
can burn some energy off and
now I'm not getting removed as
much."

- Key stage 4 student

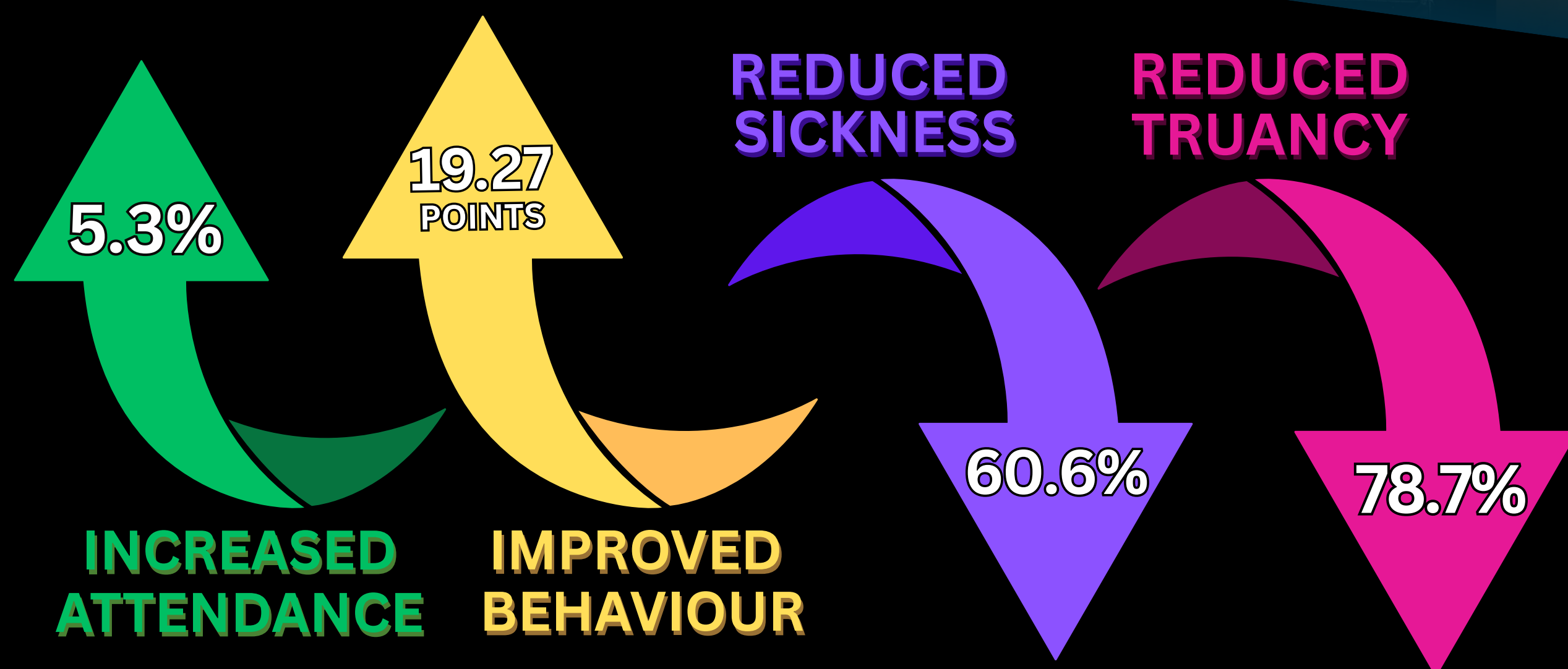
"I cannot speak highly
enough of the provision
that has been in place for
the students at local
secondary schools
attending Kinetix. The role
models, their relationships
with students.

The students have been
receptive and have adapted
so much I have been
impressed with their
teamwork since attending
and their support of each
other in and around the
academy.

The focus they have been
able to show in school is
much improved"

-Behavioural lead at a local
Secondary school

Short Project Educational Outcomes



How much does it cost?

1 HOUR SESSION FOR UP TO 12
PARTICIPANTS AT OUR DEDICATED
PARKOUR ACADEMY IN WITHAM

£240 PER SESSION

SMALLER GROUP & 1:1 SESSIONS
ARE ALSO AVAILABLE FROM £50
PER SESSION.

**SPECIAL
OFFER**

1 FREE SESSION
WHEN
BOOKING
A WHOLE TERM

Want to know More?

Visit our website

www.teamkinetix.co.uk

Email

info@teamkinetix.co.uk



SCAN HERE!

